



Public Health
Prevent. Promote. Protect.

Frederick County Health Department



A Message from the Health Officer

This year's annual report highlights a few of the Health Department's many accomplishments. During Fiscal Year 2008 most of our programs experienced an increase in demand for services. However a few departments, such as Environmental Health Services, showed some declines due to the economy's impact on development.

One of our most significant accomplishments in Fiscal Year 2008 was the completion of the first ever Frederick County Community Health Needs Assessment and the development of the resulting Profile. The sidebar on page 3 describes it in greater detail. I am pleased that the needs assessment findings have supported local health care provider's efforts to improve access to care.

Priorities for Fiscal Year 2009 include developing a 5-year strategic plan for the Health Department, which will serve as a guidepost to maintain core public health functions during a time of governmental budget reductions. In the upcoming year we anticipate demand for services to increase as the general economy worsens and more people find themselves in need of Health Department services from programs such as WIC, Mental Health, and Substance Abuse to name a few. Where gaps in services exist we will seek innovative approaches to close the gap such as the Frederick County Health Access Program, which established collaboration among the Health Department, the Frederick County Health Care Coalition and approximately 20 local health care providers. I invite you to periodically view our website, www.co.frederick.md.us/healthdept, to learn more about our current initiatives and services.



BOARD OF COUNTY COMMISSIONERS FREDERICK COUNTY, MARYLAND

Winchester Hall • 12 East Church Street • Frederick, Maryland 21701
301-600-1100 • FAX: 301-600-1849 • TTY: Use Maryland Relay
www.co.frederick.md.us

Dear Frederick County Citizens:

Excellence in public health is the foundation of our community's quality of life. The Frederick County Health Department provides essential health services and promotes the health and welfare of all Frederick County citizens every day. The Frederick Board of County Commissioners supports and relies upon the expertise of the Health Department to resolve specific public health concerns, and supports daily efforts that foster long-term health. We have confidence that the Health Department will continue to serve a permanent role in protecting and prioritizing public health for all citizens.

This fifth annual report celebrates the accomplishments of Fiscal Year 2008. Working together, we will continue to fortify the state of health and safety in Frederick County.


Jan H. Gardner, President


David P. Gray, Vice President


Kai John Hagen, Commissioner


Charles A. Jenkins, Commissioner


John L. Thompson, Jr., Commissioner

Developmental Center

FCDC provides quality pediatric Audiology Services for children served by the Infants and Toddlers Program, Head Start, Frederick County Public School's Special Education Program, and for uninsured and underinsured children in Frederick County. In FY08 parent surveys were mailed to 77 families in Frederick County with children with hearing loss to find out what types of workshops, events, or written information are of interest to them. Their responses will inform ways to best serve the parents and families of Deaf and Hard of Hearing children in our community.

The Dental Clinic received a \$19,120 grant from the Office of Children and Families to expand dental services for children who are uninsured and underinsured. In FY08, 550 more children accessed the dental program, and of those, 250 (50%) returned for additional preventative or restorative care. Additionally, the Head Start Health and Safety Fair held in August was a successful 2-day event that provided oral screenings and treatment referrals for 171 pre-schoolers.

The Frederick County Infants and Toddlers Program (FCITP) provides early intervention services for children birth to three years with developmental needs. Children diagnosed or suspected of having autism are being identified much earlier. During Autism Awareness Month, many of our families and staff participated in public awareness campaigns, including television segments and newspaper articles promoting early identification and the value of early intervention.

The Frederick County Respite Care Program's mission is to make a positive impact on the lives of children with complex medical conditions and their families through the funding of respite care. During FY08, \$10,000 in respite care funds were distributed on behalf of more than 90 families. Parents utilized funds to defray the expenses of camp tuition, therapeutic recreation activities and individual child supervision.

School-Based Occupational Therapists and Physical Therapists ensure that children with disabilities have access to their public education. As a result of School Based Occupational and Physical Therapy Services, children with a variety of disabilities are able to remain in their neighborhood schools alongside their siblings and friends. Frederick County also continues to implement the statewide electronic Individual Educational Plan (IEP) program for students with disabilities. Our OTs and PTs have worked hand in hand with Frederick County Public Schools to fully utilize this new data and reporting system recognized by the Maryland State Department of Education.

Environmental Health

Community Services and Development Review Program (CSDR) provides services in the areas of air and water quality protection, nuisance control, and vector borne illness control (rabies, psittacosis, West Nile Virus). In FY08 a significant manure spill, which took place in the Walkersville area, resulted in a boil-water advisory for over 5700 people within town and another 250 private wells located outside of town. EHS staff coordinated with affected area restaurants, a nursing home, day care centers, and public schools and also implemented an extensive water quality sampling program for the private wells located outside of town, all of which required a major commitment of staff resources from the CSDR program and EHS as a whole.

2008 Highlights

In FY08 the Health Department successfully coordinated Frederick County's first large-scale community health assessment, made possible by funding approved by the Board of County Commissioners and with the support of the Frederick Memorial Healthcare System and the Frederick County Healthcare Coalition. Professional Research Consultants, Inc., under contract with the Health Department, conducted the county-wide phone survey, which took place in July 2007. Community focus groups were also held in order to acquire more in depth information about healthcare challenges within the county and potential solutions.

The assessment yielded scientific data about the state of Frederick County's health, allowing comparisons with state and national standards. By identifying the greatest health needs, providers can now more accurately prioritize services and target resources where they can have the

largest effect on the most significant problems. The Health Department is following this course by utilizing the community health assessment findings in its strategic planning activities. The full Frederick County Community Health Assessment report can be accessed at:

www.co.frederick.md.us/healthdept/assessment.



Food Control and Consumer Protection Program (FCCP) implemented startup activities related to the Clean Indoor Air Act that prohibits smoking in indoor areas. Additionally, the FCCP carried out activities as part of the FDA investigation of the national *Salmonella* outbreak, where there were confirmed cases in Frederick County. Despite these added mandates, the FCCP achieved a 52% increase in number of enforcement actions (administrative hearings, permit suspensions, notice of violations, citations, etc.).

Staff from the Individual Well & Septic Program coordinated with the County's Department of Planning to help identify areas where water quality or quantity may be of concern, and where there are suspected problems with septic systems. This is part of a larger County effort to update the County Comprehensive Plan, inclusive of which is a new plan component required by State law – a Water Resources Element (WRE). The comprehensive plan outlines the County's vision for areas targeted for rural/agricultural/land preservation and for those areas targeted for development. The WRE insures that the comprehensive plan considers that there is adequate water supply and wastewater disposal for existing and future use.

Health Education & Promotion

The Frederick County Diabetes Coalition, comprised of members from the community as well as the FCHD, received a State grant to implement "Ready, Set, Walk," a 6-week community-based program led by trained lay educators that promoted healthy eating and walking as a lifetime physical fitness activity. Program surveys revealed that 65% of the participants were engaging in regular physical activity prior to the program compared to 92% post program.

The Injury Prevention Program did a survey of 138 county residents about carbon monoxide (CO), which showed that there is a lack of knowledge about where carbon monoxide comes from and how to prevent CO poisoning. Many Frederick County residents indicated they do not check CO detector batteries regularly. Approximately one third of residents do not have a CO detector. The project will continue to raise awareness and distribute free CO detectors.



New this year for Nutrition Services was the parent component of the national program WE CAN (Ways to Enhance Children's Activity and Nutrition), which targets underserved parents of young children with fun nutrition

messages. Through the use of portion size bingo, vegetable toss, chair aerobics and spin the TV, parents were able to increase not only theirs but their children's intake of fruits and vegetables as well as time spent doing physical activity.

The Women, Infants & Children Supplemental Nutrition and Food Program (WIC) assists eligible women, infants and children to achieve improved nutrition and health status by providing nutrition education, selected supplemental foods and health referrals in a caring, supportive environment. In FY08, WIC started a food safety class for pregnant women called "Food Safety for Moms to Be," that is offered on a weekly basis and discusses using safe food preparation techniques in the kitchen.

Maryland Children's Health Program (MCHP)

MCHP provides free and low cost health care to children and pregnant women in families with low to average incomes. New this year was the implementation of the Kaiser Permanente Bridge Program. The purpose of this program is to help those who suddenly find they cannot afford health coverage because of a change in job status or income and who are not eligible for Medicaid or Medicare. Health coverage was provided to 69 individuals through this program.



Mental Health

The Adult Evaluation and Review Services (AERS) and Medical Assistance Personal Care (MAPCP) Programs continued to assist Frederick County residents in having their care needs met within the community in FY08 by preventing premature and/or unnecessary nursing facility placements. While typically serving the elderly, AERS staff advocated for, and assisted many under the age of 60 who were at risk for nursing facility placement, and in need of community-based services. MAPCP continued to link personal care providers with homebound clients who required assistance with bathing, toileting, dressing and other personal care needs.

Mental Health Services' multidisciplinary staff, comprised of fully credentialed professionals, continues its long-term commitment to the people of Frederick County by providing high quality outpatient mental health care to our most vulnerable citizens. During this past year, the program developed an improved screening tool for those experiencing both mental health and substance abuse issues. Additionally, a new therapy program was developed to incorporate the practices of daily health habits (e.g. eating, sleeping and exercise) into mental health treatment plans.

Office of Public Health Preparedness & Response (OPHPR)

OPHPR is responsible for the planning, training and response of the Health Department in the event of a public health emergency. OPHPR also provides community and partner agency education. In FY08, OPHPR continued to develop the Health Department's capability for delivering emergency medications to the public quickly. Another key focus for OPHPR was the enhancement of their emergency preparedness plans for vulnerable populations. OPHPR implements a process of continuous improvement by regularly participating in drills and exercises. In FY08, OPHPR participated with community and State partners in 12 exercises.

Public Health Nursing

The Chronic Disease Prevention Program aims to improve the health and wellness of Frederick county residents by reducing the incidence and mortality rate of breast, cervical, colon, prostate and skin cancers. In FY08, a collaboration between the FCHD Colorectal Cancer Screening program and the Frederick Gastroenterology Associates at the Frederick Endoscopy Center made it possible to complete nearly 100 colonoscopy procedures, resulting in the identification and removal of over 25 precancerous polyps.

Clinical Services tailored its family planning services by dedicating a clinic for teens on the first Friday of every month.



The Guys Only!/Girls Only! Program hosted a conference, presented by Joan Garrity, for 120 professionals that focused on understanding adolescent behavior and how to more effectively reach youth.

In FY08 the Healthy Start Program entered into partnership with Frederick Memorial Hos-

pital's Auxiliary Prenatal Center to expand services to uninsured pregnant women. During scheduled appointments at the Prenatal Center, a Healthy Start nurse meets with the patient to discuss Healthy Start services and begin facilitating access to needed community resources. Healthy Start also achieved their goal of providing support and individual, problem oriented consultations for mothers who wish to breast-feed their babies by certifying one of their nurses as a lactation consultant.

The Supervisor of the HIV Program, along with a student intern, developed an HIV Prevention video, "Frederick County Teens Talking with Frederick County Teens About HIV and AIDS." With the full endorsement of the Family Life Advisory Committee, the video was approved by the Board of Education and is now used in Frederick County Public School's ninth grade health classes.

The Non-English Speaking Program expanded in FY08 in order to meet increasing requests for interpretation services. Additionally, the program continued its outreach to the Hispanic community by participating in numerous events, including the Frederick County Back to School Fiesta at the Frederick Towne Mall and the Frederick Latino Festival at Frederick Community College.

School Health

The School Health Division prevents, identifies and responds to student health problems through the delivery of health services and health education. In FY08, School Health provided services to 112 diabetic students. Six of those students, primarily due to their young age, were provided direct nursing services because they could not perform diabetic care independently. However, by the end of the school year, two of those students were fully independent in their diabetic management. This is due in part to the School Health staff who promote and educate students, with family support, in taking charge of their diagnosis and its treatment.



Scott Key Center

The Scott Key Center (SKC) provides services to residents of Frederick County that are age 21 and over with developmental disabilities. The SKC participated in the Streamlink project, a program that features a middle school teacher who works with students, government agencies, and non-profits, to grow native plants. Once the native plants are grown, they are used for stream bank restoration in the Chesapeake Bay watershed. Additionally, the SKC launched a rain water collection systems initiative, which includes the manufacturing, cleaning and sale of rain barrel collection systems.

Substance Abuse

In FY08, Prevention Services received a grant to provide prevention services to families in recovery from drugs and alcohol addiction. The INSPIRE (In Support of Parents in Recovery) program targets families in Frederick County where at least one parent is currently enrolled in a state-certified substance abuse treatment program and has at least one child between the ages of 10 and 14 years old. INSPIRE is a Strengthening Families Program® from Iowa State University that has been tested with families in the United States and around the world. It has been nationally recognized for its positive effect on families.

Treatment Services expanded client options in FY08 by offering Buprenorphine (Suboxone) as a medication assisted treatment for narcotic addicts, in addition to the existing Methadone Maintenance Program. The Adolescent Intensive Outpatient Program also continues to grow. This program provides six or more hours of treatment a week for adolescents and includes treatment for families.

Program Data Fiscal Year 2008

The Frederick County Health Services Division provides for the public health with approximately twenty five million dollars in State, County and Federal funding. The County Health Services Division uses the many sources of funds to create the best possible public health effort for Frederick County citizens. The following is a list of services provided in fiscal year 2008.

Administration

Birth Certificates Issued 6332

Death Certificates Issued 7870

MD Children's Health Insurance

MCHP Applications 8485

Pregnant Women 865

Children 7175

Newborns 445

Developmental Center

Infants & Toddlers Program

Infants & Toddlers served 550

Infants & Toddlers referred 537

School Based Services

Occupational Therapy clients 445

Visits 13,000

Physical Therapy clients 185

Visits 3500

Audiology Services 874

Dental Visits for Children 5056

Environmental Health

Community Services

Subdivision Plats Reviewed 1018

Bathing Beaches Inspected 27

Air Quality Inspections 37

Swimming Pool & Mobile Home Park Inspections 448

Rabies Vaccinations for cats & dogs 898

Water Quality & Waste Disposal

Tests of Onsite Sewage Disposal Systems 2154

Alternative Sewage System Evaluations 19

Building Permits & Zoning Certifications 1855

Individual Onsite Water Inspections 198

Food Control

Food Service Facilities Inspections 2616

Food Borne Illnesses Investigated 4

Temporary Facilities Inspected 538

Institutional Inspections Food & Non-food 126

Nuisance Inspections 176

Health Education & Promotion

WIC

Clients 6680

Post Partum Women 459

Breastfeeding Women 397

Infants 2202

Children 2327

Certifications 2359

Recertifications 5693

Check Pick-up 48,503

Injury Prevention

Total Served 7234

Car seats checked 628

Total car seats distributed 96

Total bike helmets distributed 118

Nutrition

Community & Educational Speeches 12

Number attended speeches 346

Food Groupies Program Sessions 42

Number of children reached 229

Community Health Fairs or Screenings 8

Number of contacts 827

Nutrition continued:

Number of walking clubs	3
Number of participants	107
Number of miles walked	4778
EEO trainings	4
Number of people trained	13
WE CAN Program sessions	30
Number reached	36
Diabetes Coalition meetings	16
Private counseling sessions	19
Number of clients	8

Mental Health Services

Adult Clinic Visits	7456
Child & Adolescent Visits	3235
Personal Care Visits	5285
AERS Evaluation of Elderly	864
Nursing Home Trainings	92

Public Health Nursing*Maternal & Child Health*

Visits to Pregnant Women	2008
Healthy Start Child Visits	558
Case Referrals	13
Education to Groups	308
Lead Poisoning Education	1875

Clinical Services

Family Planning Visits	5106
Colposcopy	264
Sexually Transmitted Disease Treatment	1059
Abnormal Pap & Breast Referrals	184
Education Program for "Guys Only"	182
Hispanic Outreach & Education Programs	239

Communicable Disease

HIV/AIDS	98
Child Immunizations	4095

Communicable Disease continued:

Adult Immunizations	4776
TB Clinic Visits	1391
Refugee Health Clients	71
Migrant Camp Visits	3

Cancer Programs

Education and Outreach	2837
Breast & Colon Cancer Screening	810

Employee Health & Safety

Health & Safety Classes	36
-------------------------	----

School Health

Health Room Visits	166,041
Treatments Administered	31,011
Medications Administered	74,761

Scott Key Center

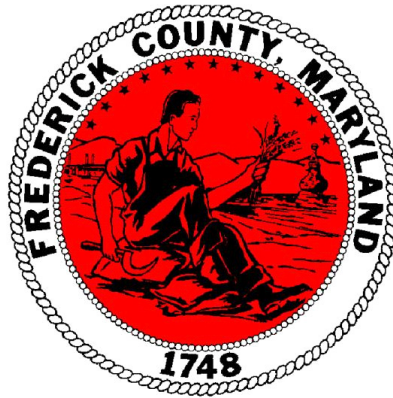
Supported Employment Clients Served	44
Clients on Mobile Work Crews	42
Clients in Individual Placements at least 20 Hours per Week for 12 Months	8

Substance Abuse*Clinic Visits*

Adult Visits	8913
Adult IOP	1946
Adolescent Visits	2494
Adolescent IOP	1141
Detention Center Individual Visits	7625
Methadone Visits	8228

Community Education

"Kids Like Us" Program	190
Smoking Cessation Clients	535
Number of Individuals Served	2171



Frederick County Health Department
350 Montevue Lane
Frederick, Maryland 21702
301-600-1029 • Maryland Relay 1-800-735-2258
www.co.frederick.md.us/HealthDept

